

FENLAND RUNNING CLUB PERFORMANCE STANDARDS

MEN	GOLD	SILVER	BRONZE
	78%	68%	58%
Senior			
Sandall Road	16:30	19:00	22:15
College Loop	17:45	20:15	24:00
Eric's	24:30	28:15	33:00
North Brink	19:45	22:45	26:30
M35			
Sandall Road	17:00	19:45	23:00
College Loop	18:15	21:00	24:45
Eric's	25:30	29:15	34:15
North Brink	20:30	23:30	27:30
M40			
Sandall Road	17:45	20:30	24:00
College Loop	19:00	21:45	25:45
Eric's	26:30	30:15	35:30
North Brink	21:15	24:15	28:30
M45			
Sandall Road	18:30	21:15	25:00
College Loop	19:45	22:45	26:45
Eric's	27:30	31:30	37:00
North Brink	22:00	25:15	29:45
M50			
Sandall Road	19:15	22:00	26:00
College Loop	20:30	23:45	27:45
Eric's	28:30	32:45	38:30
North Brink	23:00	26:15	31:00
M55			
Sandall Road	20:00	23:00	27:00
College Loop	21:30	24:45	29:00
Eric's	29:45	34:15	40:00
North Brink	24:00	27:30	32:15
M60			
Sandall Road	21:00	24:00	28:15
College Loop	22:30	25:45	30:15
Eric's	31:00	35:45	41:45
North Brink	25:00	28:45	33:30
M65			
Sandall Road	22:00	25:15	29:30
College Loop	23:30	27:00	31:30
Eric's	32:30	37:15	43:45
North Brink	26:00	30:00	35:15
M70			
Sandall Road	23:15	26:35	31:15
College Loop	24:45	28:30	33:30
Eric's	34:30	39:31	46:30
North Brink	27:45	31:43	37:15

LADIES	GOLD	SILVER	BRONZE
	78%	68%	58%
Senior			
Sandall Road	19:00	21:45	25:30
College Loop	20:15	23:15	27:30
Eric's	28:15	32:15	38:00
North Brink	22:45	26:00	30:30
F35			
Sandall Road	19:15	22:15	26:00
College Loop	20:45	23:45	28:00
Eric's	28:45	33:00	38:45
North Brink	23:00	26:30	31:00
F40			
Sandall Road	19:45	22:45	26:45
College Loop	21:15	24:30	28:45
Eric's	29:30	34:00	39:45
North Brink	23:45	27:15	32:00
F45			
Sandall Road	20:45	23:45	28:00
College Loop	22:15	25:30	30:00
Eric's	30:45	35:30	41:30
North Brink	24:45	28:30	33:30
F50			
Sandall Road	22:00	25:15	29:45
College Loop	23:30	27:00	31:45
Eric's	32:45	37:30	44:00
North Brink	26:15	30:15	35:30
F55			
Sandall Road	23:30	27:00	31:45
College Loop	25:15	29:00	34:00
Eric's	35:00	40:00	47:00
North Brink	28:00	32:15	37:45
F60			
Sandall Road	25:15	29:00	34:00
College Loop	27:00	31:00	36:30
Eric's	37:30	43:00	50:30
North Brink	30:00	34:30	40:30
F65			
Sandall Road	27:15	31:15	36:30
College Loop	29:15	33:30	39:15
Eric's	40:30	46:30	54:30
North Brink	32:30	37:15	43:45
F70			
Sandall Road	29:30	34:00	39:45
College Loop	31:30	36:15	42:30
Eric's	43:45	50:15	59:00
North Brink	35:15	40:30	47:30